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Thursday, June 20, 2013

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A REASON TO GET SAUCY

THIS STEAK WITH CREAMY CAMBOZOLA SAUCE IS SURE TO PLEASE YOUR FAMILY AND FRIENDS PAGE 25

In favour of security cameras

The transit commission votes to phase in closed-circuit TV cameras on transit vehicles PAGE 3

Political fixture Bob Rae resigns

Rae said he is leaving politics to focus on his new role as chief negotiator for First Nations PAGE 9

PIGGING OUT AT RIBFEST

Peter Czerwinski, a.k.a Furious Pete on YouTube, scarfs down plates of pulled pork on his way to setting a record of eating 7.5 pounds of the saucy meat in six minutes at the opening day of Sparks Street Ribfest on Wednesday. JOE LOFARO/METRO

Alleged throat slasher to face first-degree murder charge

Court. Charges upgraded in Michael Wassill killing

JOE LOFARO
joe.lofaro@metronews.ca

The Crown has upgraded a second-degree murder charge against an Ottawa man accused of slashing the throat of 20-year-old Michael Wassill.

Carson Morin was officially charged with first-degree murder Wednesday while appearing on video from a detention centre.

He is due back in court July 3.

Wassill died from injuries in hospital on May 23 following the May 15 incident at his home in Orleans. He was stabbed while trying to protect a female friend from a man who had apparently been stalking her, according to Wassill's uncle, Paul Champ.

Champ said the family is pleased with the upgraded charge, and added that the second-degree murder charge was "precautionary" while police gathered more evidence.

"This is the most serious charge," said Champ. "I'm glad we are seeing the Crown treat it with the seriousness it deserves."

He said Wassill's grieving mom and sister made their first appearance in court today.

The 20-year-old suffered irreversible brain damage before succumbing to his injuries.

In a Facebook tribute page, his friends and family called him a hero for his final actions.

Morin did not say much during his appearance, but the court was made aware he has changed his lawyer now for the third time since being charged.

Court records show the accused has a history with the law, including assault causing bodily harm charges, as well as drug charges.

Quoted

"I'm glad we are seeing the Crown treat it with the seriousness it deserves."

Michael Wassill's uncle Paul Champ

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Cardinal Creek Village

Development proposed for east-end Orléans

Developer Tamarack Corp. is planning a new development on the eastern edge of Ottawa.

"Cardinal Creek Village" is a proposed 208-hectare neighbourhood in the east end of Orléans, with between 2,870 and 3,250 dwellings — enough room for about 8,250 and 9,210 people. The developers are also projecting about 950 jobs in the village.

The area was originally designated outside the urban boundary, but Tamarack successfully appealed that designation to the Ontario Municipal Board, according to a staff report.

The municipality's planning committee will consider the report next week. ALEX BOUTILIER/METRO

Helping friend re-shingle

Man hospitalized after seven-metre fall from roof

A 47-year-old man who was helping a friend re-shingle a roof was airlifted to hospital in serious but stable condition after falling seven metres, paramedics say.

Paramedics said they were called for help after 12:30 p.m. and treated the man for serious fractures to both lower legs. The man fell onto a hard surface, but only injured his legs and was conscious while he was being treated, paramedics say.

ALEX BOUTILIER/METRO

Murder trial. Former soldier takes stand at bail hearing

A former Canadian soldier accused of first-degree murder took the stand Wednesday during his bail hearing in the homicide case of a Barrhaven resident.

Adam Picard, 29, was charged last December following a five-month search for Fouad Nayel. The 28-year-old construction worker went missing on June 17, 2012, after he failed to show up for a family dinner on Father's Day.

Nayel's remains were found by a passerby in November in a wooded area in Calabogie.

Wednesday marked Day 3 of Picard's bail hearing. The justice of the peace is expected to hear final submissions Thursday.

Adam Picard
FACEBOOK

Evidence and arguments in the proceedings are protected by a publication ban.

Wearing a black suit and white dress shirt, Picard was very soft-spoken and seemed calm on the witness stand.

He faced several of Nayel's family members who sat in the first few rows of the gallery listening to him and two of his potential sureties testify.

JOE LOFARO/METRO

Para Transpo. Booking system under review

Ottawa's Transit Commision sent a Para Transpo plan to have disabled people book their service seven days in advance has been sent back to the drawing board.

OC Transpo General Manager John Manconi said Wednesday 25 per cent of users consulted in a recent survey requested advanced booking.

A seven-day advance booking system is common in other Canadian cities. There are two types of Para Transpo bookings. "Casual" trips are booked 24 hours in advance. "Regular" trips such as going to church are slotted monthly and automatically added to ParaTranspo's schedule as recurring trips. The seven-day booking would only affect "casual" trips — those booked up to 24 hours in advance — rather than regularly scheduled monthly trips.

Manconi said his organization wants seven-day booking to help deal with the demand for the service. Because of limited capacity Para Transpo refused 80,000 trips due to scheduling issues last year.

Some Para Transpo users told the commission a week is too far in advance to plan.

ALEX BOUTILIER/METRO

Transpo to get cameras

OC Transpo. Ottawa's transit commission has OK'd a phase-in of closed-circuit TV cameras on all vehicles

The city's transit commission voted to slowly phase in closed-circuit TV cameras on all OC Transpo vehicles Wednesday.

But some citizen commissioners worried that the incremental approach — installing cameras on new OC Transpo buses as they're purchased — is putting budgetary concerns ahead of passenger safety.

The commission voted 5-3 for OC Transpo's recommended approach, which would put CCTV cameras on the revamped O-Train, the Confederation Line, and new buses as they're acquired. OC Transpo's fleet is one of the newest in North America, however, so the cameras won't be coming any time soon.

"Safety is tied to ridership, it's a responsibility we have, and ... we claim it is our first priority," said commissioner Justin Ferrabe after the meeting. Ferrabe, along with two other citizen commissioners, voted against the plan.

"I think we could be smarter about it. And I think we owe it to safety, as a higher priority, to put the effort into doing that. And I don't think we did that (Wednesday)."

Installing cameras across the entire OC Transpo bus fleet would cost about $16.3 million over a six-year period. Coun. Diane Deans, the chair of the transit commission, defended the incremental approach.

"I think it's more affordable for our transit users and our taxpayers, and I think it gives us an opportunity to assess their effectiveness and their value for money," Deans said.

"Every dollar we spend has to be a dollar well spent. So we should make sure that that kind of large investment is the best place we could be spending our safety dollars."

OC Transpo's buses are among the newest in North America. Plans to slowly phase in security cameras with the purchase of new vehicles could mean a very long delay before cameras become a reality. ALEX BOUTILIER/METRO

A staff report into the matter found that cameras on buses are generally not a huge deterrent to crimes like assault — but are invaluable in investigations after the fact.

ALEX BOUTILIER/METRO

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Hush your hogs: Police

Earache on wheels.
Gatineau cops crack down on noisy bikes

STEVE COLLINS
ottawa@metronews.ca

Live to ride, ride to live, but keep it to a dull roar, please.

That's the message Gatineau police are hoping to send as they tackle noise from motorcycles and other vehicles through Operation Decibel.

Noise complaints have been on the rise in Gatineau, with 447 recorded last year. As of June 15 of this year, police have logged 287.

"Some people are so fed up that they're actually selling their houses," said Const. Alan Haché.

"They're fed up with living in certain areas because it's a regular continuing problem."

He identified Maloney Boulevard, Montée Paiement and residential areas bordering Highways 50 and 148 as problem areas for traffic noise.

Some of the worst offenders are motorcycles with faulty or illegal mufflers. If police notice an excessively loud one, they pull it over, break out testing equipment and get a decibel measurement.

The minimum fine for a noise violation is $100.

Loud noise can also be a symptom of other problems with a vehicle, Haché said.

"Where is the noise coming from? Is it a bad seal, is it a broken pipe, is it a bad muffler, an illegal muffler? Those are the things we're trained to look for."

Still, Haché has no beef with bikers. He rides a Yamaha when he's off duty.

"I love it," he said. "Every motorcyclist will tell you it's the freedom that you get from riding that attracts them. It's a great sport. It's unfortunate that some loud motorcycles are ruining it for people."

Constables Alan Haché, left, and Guillaume Charron measure the noise from a motorcycle tailpipe. STEVE COLLINS/METRO

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Surprise! City to build roundabout for STO bus

A small group of Lowertown residents were stunned at a public meeting on June 13 when they were told the city plans to build a roundabout in their community for the benefit of STO buses, which will be routed through neighbourhood streets.

Residents expected to hear about a plan to move two historic homes on Sussex Drive to accommodate a widening of the road, a project set to begin this summer.

Instead, the meeting focused on a related plan to change a four-way stop at Union Street and the northern leg of King Edward Avenue to accommodate a turnaround for STO buses waiting to start their routes through the ByWard Market in the afternoon.

A roundabout wasn't contemplated until it was determined that the removal of the Sussex bus lanes would be a problem for STO service, according to Ziad Ghadban, the city's project manager for the road reconstruction.

"It was developed in the late stages because we had a lot of work to do with the STO," said Ghadban. The roundabout was designed in the late fall or early winter of 2012, Ghadban said.

Removing bus lanes and narrowing the north section of Sussex Drive to create a scenic Confederation Boulevard will force buses through Lowertown to a new roundabout, which will ensure buses aren't stuck in traffic. HANDOUT/CITY OF OTTAWA

The new facility is needed because the Sussex reconstruction will remove a dedicated bus lane and reduce that road to one lane in each direction for the section north of Boteler Street.

As a result, STO buses that use that route to get to their layup point on the northern section of King Edward would be stuck in traffic for longer, driving up operating costs for the STO.

After looking at a number of options, the city determined that routing STO buses through Lowertown via Boteler Street was the most efficient option.

LAURA MUELLER/
METROLAND NEWS SERVICE

Price tag

The roundabout will cost $1 million for the city to build.

- It's part of the $31-million budget for the Sussex facelift.

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PLEASE DRINK RESPONSIBLY

‘Furious Pete’ Ribfest pig-out leads to new pulled-pork record

These little pigs went down the gullet. Man who ate 7.5 pounds of saucy goodness says he expects ‘a night of a lot of meat sweats’

JOE LOFARO
joe.lofaro@metronews.ca

Jamie Prins, far left, watches his fellow contestants during an amateur pulled-pork eating competition during the opening day of the Sparks Street Ribfest on Wednesday. JOE LOFARO/METRO

There are a lot of things one can do in six minutes, but few are worthy of a Guinness World Record.

Peter Czerwinski, a man who was made famous on YouTube under the moniker Furious Pete, is on his way to entering the record books by eating 7.5 pounds of pulled pork in that timeframe at Ribfest Wednesday.

Not only that, he is said to have smashed a previous record of just over four pounds.

“I’m kind of feeling heavy right now,” said Czerwinski, after washing down the meat with several gulps of water.

With a fork wedged in his tight fist, five plates of saucy, pulled pork sat in front of him just before the countdown. Then, he unleashed his fury onto the first plate, wiped it clean, and then moved on to the next.

Just when you thought he could not fit any more meat into his mouth, he made room for another scoop.

“Meat challenges are always hard … because it’s so heavy, it’s so dense and when it hits your stomach it just sits there.”

So what are the consequences of eating that much meat?

“A night of a lot of meat sweats,” he said.

After conquering Ribfest, his next challenge is in Turkey — the country, not the meat.

“I’m trying to break my own record of the fastest time to eat a raw onion,” he said. “I hold the record of 43 seconds.”

Ottawa resident Jamie Prins tried his hand at competing against three other contestants in an amateur pig-out and wound up setting a personal record of eating two pounds of pulled pork in four minutes and 20 seconds.

“I didn’t quite use the shovel-half-a-pig-in-your-throat-at-one-time technique. I was more bite-by-bite,” said Prins. “Until I saw I was getting close I dropped the fork in and went gorilla-style.”

Ribfest runs through Sunday.

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Local singer looks for a little help from online friends

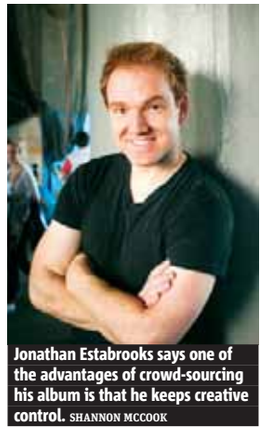
Jonathan Estabrooks is hoping to make a few thousand very small record deals.

The Ottawa-born baritone, now based in New York, has turned to the crowd-sourcing site Kickstarter to raise the $25,000 needed to cut his debut album.

The total cost, Estabrooks said, will be more like $40,000, “which is actually bottom-basement for a twelve-track album with a full orchestra.”

He’s scraped up $10,000 of his own money, and hopes his fans and social-media friends will kick in small contributions to make the project happen.

Estabrooks breaks it down as “five bucks for a Starbucks macchiato or five bucks to help make an album that’ll last a lifetime. So my hope is that through a lot of smaller donations, we’ll be able to achieve our goal.”



Jonathan Estabrooks says one of the advantages of crowd-sourcing his album is that he keeps creative control. SHANNON MCCOOK

The album itself will be a mixture of covers (think John Denver, Neil Diamond and Stevie Wonder), classic Italian and Spanish songs and some original material.

“The theme, if you will, that’s come out of this is the idea of journeys and discovery, so the songs will reflect that idea of a movement of travel, of searching for a place to call home,” he said.

Also involved is Britain’s Got Talent finallist Jonathan Antoine, with whom Estabrooks connected though Facebook.

“It was really exciting,” Estabrooks said. “We started talking and his management team OK’d the project so he agreed to come on board and do a duet.”

STEVE COLLINS/FOR METRO

... and counting

$3,406

At press time, the Kickstarter campaign, which began June 13, had raised a total of $3,406.

Ask In The First Place cast member Sophie Dufault about her tattoo, or just listen to her monologue — because it's all in there. STEVE COLLINS/FOR METRO

Ottawa Fringe festival: Take a walk on the wild side

In The First Place.
Bedroom mishaps, zombies, hockey among theatrical offerings

Fleeing raging fathers and puzzled police in your underwear. Losing your first love to a clique of eight-year-old mean girls. Navigating the etiquette of the post-nookie high-five.

These stories, ribald, frank, self-mocking and self-discovering, are the heart of Insight Theatre's In The First Place, which debuts tonight on the opening night of the Ottawa Fringe Festival. The teenaged cast members each take a turn delivering monologues drawn from their own "first times" with love, sex and sexual identity. As she worked on her monologue, Sophie Dufault, an abuse survivor, found herself dwelling less on the trauma and more on the lover who helped her get past it.

"The good part of the story just felt so exceptional and personal and worth sharing to me," she said. "People have all heard bad sexual-assault stories before, but what they haven't heard is people rising up from that and becoming happy and comfortable again with themselves after sexual abuse.... What I wanted to show is that people have an idyllic view of sex and forget that sometimes really horrible things happen, and it can be hard to get over, but you can heal."

Leah Careless plays her own bedroom mishaps for laughs, and admits to finding some healing in humour.

"It's been really great to be able to laugh at myself because once you start laughing about things it takes the burn away," she said "I don't look back on those moments like ohhhh, I did that; it's like ha-ha, I did that!" STEVE COLLINS/FOR METRO

Fringe bits

- **Be a Man:** Booze! Sex! Hockey! Shaving! Powerful vignettes explore every possible dynamic of the fouler sex.
- **The Bureau of Bat Shit Crazy:** The branch of the Canadian government that deals with unexplained stuff you don't get to know about.
- **Die, Zombie. Die!:** A serial murderer threatens the fragile peace between the living and the undead. Who is slaying all those zombies?

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Liberal Leader Justin Trudeau, right, walks with Bob Rae on Wednesday after a press conference on Parliament Hill during which Rae announced his resignation. SEAN KILPATRICK/THE CANADIAN PRESS

Rae days over as ex-premier gives up politics

MP resignation.
Bob Rae to focus on role as chief negotiator for First Nations in province's north

Bob Rae, a fixture on Canada's political scene for more than three decades, is giving up his seat in the House of Commons to devote himself to work on behalf of First Nations in northern Ontario.

Rae said he is leaving politics so he can focus on his new role as chief negotiator for First Nations in talks with the province about development of the Ring of Fire mining development in northern Ontario.

"This is going to be a major undertaking," an emotional Rae told a surprise news conference Wednesday in the foyer of the House of Commons.

"It's clear to me that it will take a lot more time and it simply isn't possible to do both jobs at the same time."

The 64-year-old Rae's unexpected announcement caps a political career that has spanned 35 years and two parties. It came after he privately broke the news to the Liberal caucus in what he described as a difficult moment.

"I have a passion for my work as a negotiator and for First Nations," Rae said. "When you make a difficult choice, you show your emotions."

Rae began in politics as a New Democrat and later shifted to the federal Liberals, even seeking the party leadership at one point.

He was first elected to the Commons in a 1978 byelection, but moved to Ontario provincial politics four years later, when he became provincial NDP leader and later served as premier.

In 2006, having joined the Liberals, he unsuccessfully sought the party leadership, but won a seat in the Commons in 2008, becoming interim leader after Michael Ignatieff lost his seat in the 2011 election.

THE CANADIAN PRESS

Parting words

"I have a lot of passion for Canadian politics. It's been a very difficult decision ... and quite an emotional one for me."

Bob Rae, on his resignation.

Rae days, from top: His resignation as MP Wednesday; as Ontario premier in 1990; as Ontario NDP leader in 1985. THE CANADIAN PRESS

Study. High school could be bad for your health

High school may improve students' minds, but it does the opposite for their bodies.

A new study from the University of Waterloo suggests Canadian students in Grade 12 are in worse health than their younger high-school peers.

The research, published in the latest issue of the journal BMC Public Health, found that by the time students reach senior year, they're at a significantly increased risk for chronic diseases such as diabetes and lung cancer.

It shows that over four years of high school, the number of smokers went up 170 per cent, binge drinking jumped 167 per cent and marijuana use rose by 124 per cent.

What's more, the vast majority of students — more than 89 per cent — didn't meet Health Canada's guidelines for minimum physical activity and barely seven per cent reported eating enough fruit and vegetables.

The study's co-author, Scott Leatherdale, says the fact that large proportions of graduating students fail to meet the most basic healthy living recommendations is cause for concern.

Having even one of the risk factors measured can increase the likelihood of disease, and by Grade 12, the average student shows three, he said.

Students in higher grades appear to be at the greatest risk, he added.

THE CANADIAN PRESS

One Canadian study finds students in senior grades are at a higher risk for chronic diseases such as diabetes and lung cancer. ISTOCK IMAGES

Summer break

House adjourns early after bitter spring sitting

Prime Minister Stephen Harper has returned from his European trip but he won't have to endure another grilling in the House of Commons for a while.

All parties agreed late Tuesday night to end the most bitter spring sitting of Parliament since Harper's Conservatives came to power more than seven years ago. THE CANADIAN PRESS

Corruption charges

Montreal will get its new, new mayor Tuesday

Montreal will have its next interim mayor — the third mayor in less than a year — early next week.

The city clerk's office has announced a vote will be held during a special meeting of council next Tuesday.

THE CANADIAN PRESS

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Brazilian Rioters wreak havoc in protest over poor services

Riot police aim their weapons at protesters gathering near Castelao stadium in Fortaleza, Brazil, on Wednesday. Protesters cut off the main access road to the stadium where Brazil played Mexico in the Confederations Cup on Wednesday afternoon. Scattered street demonstrations popped up around Brazil as protesters decried the low-quality public services they receive in exchange for high taxes and rising prices. Leaders in Brazil's two biggest cities said they have reversed an increase in bus and subway fares that ignited outrage across the nation. ANDRE PENNER/THE ASSOCIATED PRESS

Serena Williams backtracks on rape comment

Unforced error. Tennis star reaches out to Steubenville victim after 'hurtful' remarks

A week from Wimbledon

"I am deeply sorry for what was written in the Rolling Stone article. What was written — what I supposedly said — is insensitive and hurtful, and I by no means would say or insinuate that she was at all to blame." Serena Williams

Serena Williams is apologizing for a Rolling Stone article that quoted her blaming the 16-year-old rape victim in a high-profile case in Steubenville, Ohio.

"She shouldn't have put herself in that position," she is quoted as saying in the profile, in an upcoming edition.

She made the comments to the reporter after seeing coverage of the case flash on television while getting a manicure.

"They did something stupid, but I don't know. I'm not blaming the girl, but if you're a 16-year-old and you're drunk like that, your parents should teach you: Don't take drinks from other people. She's 16, why was she that drunk where she doesn't remember? It could have been much worse. She's lucky," Williams said.

Williams, ranked No. 1 in the world in women's tennis, said she was reaching out to the girl's family to apologize.

TORSTAR NEWS SERVICE

Myanmar

Women jailed for inciting violence

A court in Myanmar has found two Muslim women guilty of sparking a recent outbreak of sectarian violence, one of them by bumping into a Buddhist novice monk. Myint Thein of the pro-government National Unity Party, who attended their trial, said Wednesday the two women were convicted of "insulting religion."

THE ASSOCIATED PRESS

France

Floods foil Catholic pilgrimage

Heavy floods in southwest France have forced the closure of the Catholic pilgrimage site in Lourdes and the evacuation of pilgrims from nearby hotels.

Muddy floodwaters swirled Wednesday in the grotto where nearly six million believers from around the world, many gravely ill, come every year seeking miracles and healing. It has been a major pilgrimage site since a French girl's vision of the Virgin Mary there in 1858.

THE ASSOCIATED PRESS

Ashley Smith. Inmate's strangulations not always dangerous, inquest hears

Senior managers agreed that intervening every time a teen inmate tied a ligature around her neck was unnecessary because she was not always in immediate danger, an inquest into her death heard on Wednesday.

Michelle Bridgen, a middle manager at the Grand Valley Institution in Kitchener, Ont., said it was the warden and deputy warden who decided essentially that guards should intervene only if Ashley Smith risked imminent death.

"When she had a ligature, sometimes it was not tied tightly around her neck," Bridgen testified.

"Sometimes she would even tie it in a bow around her neck and put her fingers through it and say, 'See, it's not tight.'"

The choice became whether guards should frighten Smith by rushing into her segregation cell to retrieve the ligature or "empower" the inmate by allowing her to give it up without force, Bridgen said.

Still, the ligature tying never became part of Smith's written "management plan," the blueprint for how guards were to deal with her.

The issue of what guards were ordered to do when Smith was seen to be strangling herself is one of the crucial questions at the inquest into her death. THE CANADIAN PRESS

Michelle Bridgen, a correctional manager, is seen outside the Ashley Smith inquest in Toronto on Wednesday. Bridgen was suspended for 10 days for her role in Smith's death in October 2007. COLIN PERKEL/THE CANADIAN PRESS

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Syrians who fled violence find sweet taste of home in Jordan

A bowl of peaceful memories. Beloved Damascus ice-cream shop opens a branch in Amman, and both Syrians and Jordanians are flocking to it

For Syrians, no visit to Damascus' Old City is complete without a stop at a more than century-old ice-cream parlour, where you can watch them make their distinctive dessert by pounding it into shape with mallets, then enjoy a bowl of it sprinkled with pistachios.

Now, those who fled their country's bloody civil war can savour a taste from back home. Damascus' most famed ice-cream shop, Bakdash, has opened a branch in the Jordanian capital Amman, and both Jordanians and Syrians living there are flocking to it.

With its mix of milk, gum Arabic and sahlab — a flour made from orchids — Bakdash ice cream is distinct from American brands like Ben & Jerry's and Häagen-Dazs: The traditional Syrian ice cream has a more elastic texture and slightly more perfumed flavour than the Western versions.

The Damascus landmark's appearance in Jordan is a bittersweet sign of one of the civil war's tragic repercussions: The dispersal of Syria's population and culture. Jordan alone is home to more than half a million Syrians, out of nearly two million who have fled into neighbouring countries with no immediate prospects of return. The number is rising by the thousands daily, as life in Syria becomes more tenuous.

Bakdash's owners still keep the Damascus shop running, but they have set up shops in Jordan and the United Arab Emirates, hoping the new businesses will help keep the home store afloat. The stores abroad could also be insurance for the future as the war, now in its third year, batters Syria's economy and annihilates tourism.

About half of the Amman branch's customers are Syrians, said the assistant manager, Yarob Ababneh, whose father is Bakdash's Jordanian partner.

"Once or twice I saw people cry," he said. "Bakdash has been in Syria since 1895, so those who grew up there know the place and have been there many times." THE ASSOCIATED PRESS

Quoted

"When I meet other Syrians here in the parlour, I feel my spirit lift."

Basima, a Syrian housewife who fled to Jordan seven months ago and was thrilled to discover a touch of home in Bakdash's Amman branch.

A worker prepares ice cream at the Bakdash ice-cream store in Amman, Jordan, Wednesday, where a branch of a more-than-century-old Damascus ice-cream parlour has opened up shop to serve its famous dessert to Syrians displaced by a bloody civil war. MOHAMMAD HANNON/THE ASSOCIATED PRESS

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New York City. 8 injured as car jumps curb, slams into Manhattan store

Police and fire officials say eight people have been injured, one of them critically, after a car jumped a curb and slammed into a Manhattan store.

The white-coloured car hit a 24-hour grocery store around 7 a.m. Wednesday.

One witness, Rafael Fuentes, says the driver lost control about a block away and plowed through everything on the sidewalk.

Another witness, Najava Stone, says people were hurt by flying debris. He says the car spun before landing in a crosswalk.

A fire hydrant landed down the block, a large tree and a street sign were down and outdoor refrigerator cases were overturned. THE ASSOCIATED PRESS

A destroyed Nissan Altima sits in the street after crashing in the East Village neighbourhood of New York City on Wednesday. ANDREW BURTON/GETTY IMAGES

Chile

Presidential candidate pelted with eggs

Chilean protesters have thrown eggs at conservative presidential candidate Pablo Longueira after he performed a Zumba dance, objecting more to his politics than his dancing.

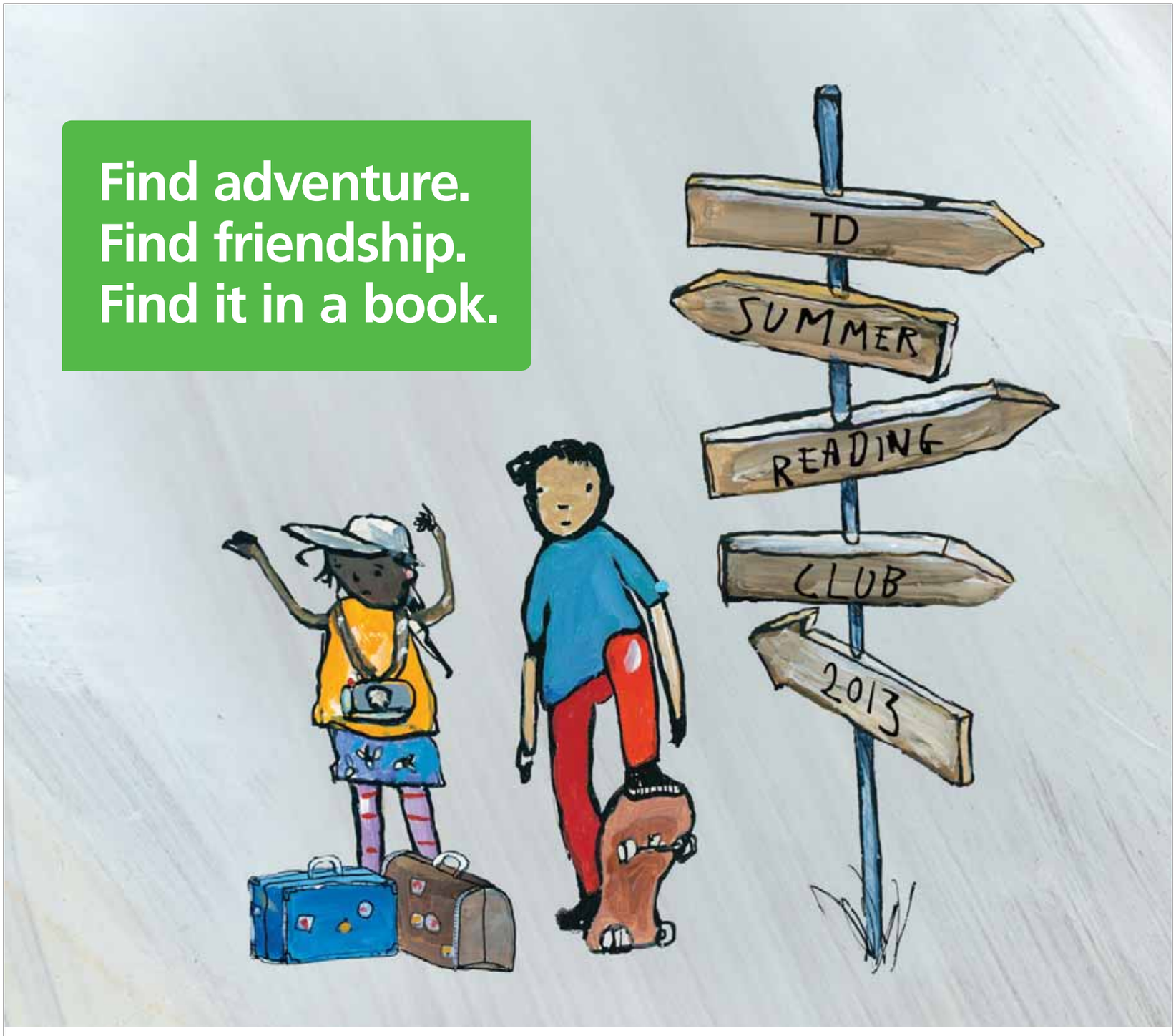
Local radio reports that construction workers threw eggs at Longueira, a former economy minister who was close to ex-dictator Augusto Pinochet, Wednesday in Santiago. THE ASSOCIATED PRESS

Iran

Tweets seem to show softer side of ayatollah

A Twitter feed believed to be run by the office of Iran supreme leader Ayatollah Ali Khamenei now sports musings about his boyhood desires to work out at a gym and the pleasures of mountain strolls.

The tweets are widely believed to be endorsed by Iran's top ruler, who rarely discusses personal matters in public. THE ASSOCIATED PRESS



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Retail. Loblaw tests new smaller discount grocery store format in Calgary

Canada's largest grocer is trying out a new discount small-store format in a bid to attract more customers in urban areas. Loblaw Cos. Ltd. said it opened the new 10,000-square-foot store a few weeks ago in Calgary.

The location, named Box by No Frills, offers "hard discounts and an everyday low price" on groceries and other merchandise, Sarah Davis, Loblaw's chief financial officer, said in a conference call Wednesday.

"We are trying that as a pilot to see, 'Is it something that we can infill in a lot of areas of Canada because it's only 10,000 square feet?'" she told investors from the company's Brampton, Ont., headquarters. THE CANADIAN PRESS

A logo for Box by No Frills. CONTRIBUTED/THE CANADIAN PRESS

Super sermon. Warner Bros. tries to promote Man of Steel from the pulpit

Seems Warner Bros. has taken movie marketing to a whole new level — even higher than a bird or a plane. The studio enlisted Christian-focused firm Grace Hill Media to promote Man of Steel to faith-based groups by inviting them to early screenings and creating trailers that highlight the film's religious themes.

They also enlisted Craig Detweiler, a Pepperdine University professor and author of Into the Dark: Seeing the Sacred in the Top Films of the 21st Century, to create a Superman-centric sermon outline for pastors titled Jesus: The Original Superhero.

"Let's consider how Superman's humble origins, his high calling and his transforming sacrifice point us towards Jesus, the original superhero," the notes read. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.34¢ (-0.60¢)

TSX 12,268.29 (-99.17)

OIL $98.24 US (-20¢)

GOLD $1,374 US (+$7.10)

Natural gas: $3.96 US (+6¢)
Dow Jones: 15,112.19 (-206.04)

Indiegogo defends Crackstarter campaign

Crowdfunding. Website co-founder says effort to raise money for alleged crack video was about giving power to people

This is the illustration that appeared on the crowdfunding website Indiegogo for the Crackstarter campaign, started by Gawker, which aimed to raise enough money to buy a video that allegedly shows Toronto Mayor Rob Ford smoking crack. The crowdfunding goal was surpassed, with $201,204 raised. SCREENGRAB/INDIEGOGO.COM

A campaign that raised $200,000 to purchase an alleged video appearing to show Toronto Mayor Rob Ford smoking crack was a "beautiful example" of the fundraising power of the Internet, says the website that hosted the controversial crusade.

"That campaign really just speaks to what crowdfunding is about, which is giving the power to people to decide what matters to them and to fund what matters to them," said Danae Ringelmann, co-founder of crowdfunding website Indiegogo.

The video fundraising campaign was launched by Gawker, a U.S. website whose editor John Cook claimed he'd watched the video, which was being shopped around for $200,000 by drug dealers.

Ford has said the alleged video does not exist and that he does not use crack cocaine.

Ringelmann said crowdfunding gives people the power of choice.

"It was actually a beautiful example of exactly that; just as people can vote on the ballot to elect what politician they'd like to see, crowdfunding enables people to vote with their dollar to fund what they'd like to see come to life, whether it's a video of a politician or a baby or a film." THE CANADIAN PRESS

Dolce, Gabbana convicted of tax evasion

A Milan court on Wednesday convicted the designers Domenico Dolce and Stefano Gabbana of tax evasion.

They were found guilty of failing to declare 200 million euros (about $273 million) through a Luxembourg company to authorities and given a one-year-and-eight-months suspended jail sentence. They were ordered to pay a penalty of about $682,000 to tax authorities.

The court, however, acquitted them of misrepresenting income of about $568 million each, even though the statute of limitations had expired on the charge.

The designers have denied the charges. Defence lawyer Massimo Dinoia pledged to appeal the ruling, saying the fact the court issued an acquittal on a charge that had expired, instead of just letting it fall to the statute of limitations, "means the proof of their innocence is evident." THE ASSOCIATED PRESS

Domenico Dolce, left, and Stefano Gabbana pose with Katy Perry in New York City last month. The Italian designers have been convicted of tax evasion, and given a 20-month suspended sentence. GETTY IMAGES FILE

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John Mazerolle
metronews.ca

Damn you, Charles Darwin.

My back hurts all the time and its origin is you. If it weren't for evolution, I'd be on all fours, with my spine on the straight and narrow. Instead, I'm upright, crooked and twisted, all the weight of the world (and evolutionary history) on my lower back.

Or if the creationists are right, then God has a Robaxacet doll that he keeps sticking needles in.

But it's probably Darwin.

I would have been so much happier as a spineless, lower form of life, like a slug or a personal-injury lawyer. Instead I'm the guy at the far right of the March of Progress illustration, the one holding the small of his back, with a speech bubble that says "%&$#?@!"

My injury is particularly pathetic. Not only was I not exerting myself in any way, I wasn't even doing something embarrassing like reaching for the remote or picking up a dropped Cheeto.

I was asleep.

I woke up, possibly from the sound of my back screaming at me, and suddenly my life was bags of frozen green beans, kneeling to look in the fridge, and attempting to put socks on without using my hands.

Back pain is the most ignoble of all injuries — too painful to be ignored, but not dramatic enough to be pitied.

There are no songs sung about heroes who suffered through lumbago, no Hollywood films where an ingenue dies because of a cruel twist of torso. Its place in popular culture is to show you how much of a buffoon a sitcom dad is — oh, his aching back!

Four out of five adults suffer occasional back pain — so all the dentists, if I understand statistics — which means you get no sympathy for your pain, only stories of much worse back pain, possibly due to the bigger fish they were reeling in that got away.

You can't even show it off, like a scar or a broken leg. It's completely hidden, beneath that frozen bag of green beans. (I find peas too uncomfortable.)

Long story compacted, I'll have to do something to fix it, lest I never twerk again.

What do the experts say I need?

- Good body mechanics: I didn't even know there were body mechanics. I assume you get on a lift of some sort for a few days while he/she checks you out and you're good to go? Of course, they'll find something else wrong and charge you for it, but that comes with the territory. "Your back's good, but we had to replace your duodenum. It was making weird noises."
- "Let your legs do the work": All the advice columns say this, but it doesn't work. I've left a bunch of stuff for them to do, yet my books remain unbalanced and my dishes remain unwashed. I think they're lazy.
- Neutral Pelvic Position: I bought their new album, but frankly they were better at Coachella.

As this list makes clear, it will be no time before I've gone from a young man whining through back pain to a young man who has come to understand he will always have back pain. Or as Darwin once put it: "%&$#?@!"

ZOOM

A little (tweeting) bird will tell you

SANG TAN/THE ASSOCIATED PRESS

Royal couple will be traditional and trendy with announcement

With Prince William and the Duchess of Cambridge expecting their first child in mid-July — and much of the world interested in the birth of a future monarch — the royals' office has released some of the couple's plans.

There will be a mix of tradition and new social media to announce the birth. Officials said a royal aide will emerge from the hospital with a signed bulletin on foolscap-sized paper carrying the Buckingham Palace letterhead. The bulletin will be given to an official who will be driven to the palace, where it will be posted on an easel in public view in front of the building.

At the same time, there will be an announcement on Twitter.

THE ASSOCIATED PRESS

Boy or girl?

- Royal officials can't say whether it's a boy or girl — and it's not because they are being coy, it's because Kate and William have not found out — and don't plan to.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With rumours swirling that Facebook is set to announce video for Instagram, avoiding videos of cats, cupcakes and concerts will be nearly impossible. So why fight the inevitable? Embrace the filtered vids and start posting your own. But in case the rumour mill doesn't produce, here are some video-sharing sites already on offer:

Socialcam:
One of the first video-sharing apps with filters — think of Socialcam as Instagram video's older brother (or would that be father?). Available for iPhone and Android.

Cinemagram:
Also has the options of adding filters, but with added tricks like adding masks, playing videos backwards, in slow mo or on high speed. Available for iPhone and Android.

Viddy:
Before Vine, there was Viddy. But while Vine gives users a six-second time limit, Viddy lets you record for up to 30. Available for iPhone and Android.

Twitter

@metropicks asked: According to Metro's Paul Sullivan, tipping should be optional. What do you think?

@Richard_Dew: Tipping IS optional. No gun to your head. Also optional for people to think you're a cheapskate for not tipping.

@FrenchmanCanada: I know a couple places where the "You didn't dip, next time I'll spit in your food" will never be optional.

@serpentina66: I'd rather see servers pd more than deciding a tip. Mgrs should b responsible for good servers; customers shouldn't pay more for expected service; it's awkward for cust to deny tips for poor service.

@instakrystal: I never feel obligated to tip. If you're a good server and earn it, you'll be rewarded. My tips are dependent on experience.

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Bringing backstage to the front

Centrepoint Theatre. For its 25th anniversary season, local theatre decided to get a little more interactive

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Hoping to carve out its own unique niche in the market, Centrepointe Theatre is now offering more pre and post show experiences with the recent announcement of the theatre's 25th anniversary season lineup.

"We want to bring the backstage, on stage," says Barb Brunzell, the theatre's communications specialist. "There's this new magic that's created when people actually get to see behind the scenes."

For example, this season offers a special Q & A session with Arlene Dickinson from the CBC show Dragon's Den, something Brunzell says isn't normally a part of Dickinson's speaking engagements.

There will also be plenty of chances to meet the performers.

Centrepointe Theatre's artistic producer, Allan Sansom, says the changes to the programming this season are thanks, in large part, to the theatre's staff members.

"We took a completely different approach in terms of really involving the staff here," he explains.

"A lot of them have a great history here in terms of seeing what works and hearing from our patrons what works so we've leveraged all of that experience and made them really active participants in really choosing the shows and I think that's led to some brilliant choices."

The theatre also looked at their data over the last few years, including audience questionnaires, and took note of the shows that were the most popular, concluding that people wanted more comedy, music and variety as well as a return to family fair.

As a result, family friendly entertainment is a big part of the 25th anniversary season with plenty of unique experiences being offered for kids, including a juggling workshop after a performance by acrobatic duo Circo Comedia, a meet and greet with kids animal adventurers, the Kratt Brothers and a chance to get up close and personal with the creatures from Little Ray's Reptile Zoo.

"We're an interactive world where people are used to that instant reaction, especially with social media," says Brunzell.

"We want to offer more than a passive experience, one where people can get really involved from the inside out."

If you go...

- **For event and ticket info.** Visit centrepointetheatre.ca, call 613-580-2700 or drop in at 101 Centrepointe Dr.

Quoted

"We want to offer more than a passive experience, one where people can get really involved from the inside out."
Centrepointe Theatre's Barb Brunzell

A special Q & A session with Arlene Dickinson of CBC's Dragon's Den will take place at Centrepointe Theatre as part of the 25th anniversary season. HANDOUT

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SCENE

Making the movie

Dave Foley had a monster of a time

Dave Foley had familiar company in the recording booth as he laid down voice work for his latest animated feature.

Foley played opposite Sean Hayes as an on-screen couple for several episodes during the sixth season of the hit sitcom Will & Grace. The Canadian actor, writer and comedian has reunited with the Emmy winner to portray Terry and Terri, two-headed monster siblings in the upcoming film Monsters University, a prequel to the hit 2001 animated flick Monsters, Inc.

"I knew Sean pretty well, and it was really fun to just walk in the studio with him," Foley said Tuesday during an interview. "We immediately started ad-libbing, and we have pretty good chemistry together."

While voice work is typically a solitary process, Foley said the makers of Monsters University felt it important to bring the "sibling squabbling quality" to life. THE CANADIAN PRESS

What monster (at university) are you?

1. Randy Boggs

- **Says.** "I have an extra toe. Not with me, of course. That would be embarrassing."
- **Scare tactic.** He seems nerdy but don't trust this monster: He's a chameleon that's waiting to strike.
- **Have you ever...** Made everyone in the office think you're their friend and then stab them in the back until you're the last man standing?

2. Squishy

- **Says.** "Wanna join Oozma Kappa? We have cake."
- **Scare tactic.** The most annoying kind of monster. The one that kills you with kindness.
- **Have you ever...** Brought a co-worker diarrhea medication, long johns or a scarf, all because you actually care?

Who can slee

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CHRIS ROBAK,
METRO WORLD NEWS

3. Sulley

- **Says.** "I'm going to wipe the floor with that little know-it-all."
- **Scare tactic.** Natural Born Scarer... but he loves life more than scaring.
- **Have you ever...** Shown up for an exam without a pen and ended up charming the hot girl next to you to do your test?

4. Mike

- **Says.** "I've been waiting for this my whole life! I'm gonna be a scarer!"
- **Scare tactic.** Preparation. He knows that genius is one per cent talent and 10,000 hours of study.
- **Have you ever...** Shown up for a bungee jump with a 700-page manual but then forgot to attach a rope?

5. Art

- **Says.** "I can't go back to jail!!!"
- **Scare tactic.** Art knows that nothing is scarier than unpredictability, especially when you're pink and furry.
- **Have you ever...** Gone to the grocery store wearing only your bathrobe and flip flops, spilling milk on your beard while lecturing the clerk about Lenin?

6. Dean Hardscrabble

- **Says.** "If you're not scary, what kind of a monster are you?"
- **Scare tactic.** In charge of the University, she's a square-jawed, know-it-all, fire-breathing larva.
- **Have you ever...** Thrown your coat at an intern after ordering her to babysit your kid and cook a hot lunch?

Grandpa Mike is in the house

Billy Crystal. Actor talks about how his grandkids discovered he was famous

RICHARD CROUSE
scene@metronews.ca

Billy Crystal's fourth and most recent grandchild was born on March 14. "Born on my, I hate to say it, 65th birthday," he says. "No! I love to say it, because I'm here and it's good."

The "here" is a Toronto press junket for Monster's University, a prequel to the Oscar winning Monster's Inc.

In both he voices Mike Wazowski, a green eyeball creature whose goal in life is to scare kids. I ask if his grandchildren have seen either film. "The little guy's seen everything," he jokes, "I'm a night light."

The three older kids were introduced to the movie in a scary way.

"The girls and I were walking in a mall and some of these paparazzi — I have to say it — creeps, jumped out and started taking pictures of us. Really freaked them out. 'Why are they doing that!" So I had to explain to them what I did. That I was internationally famous…" (pauses for the laugh).

"So I showed them Monster's Inc. I couldn't show them the orgasm scene from When Harry Met Sally. 'Why is she making that noise?' Then I became Grandpa Mike. I had to be Mike Wazowski for about a year. They'd call the house, 'Is Mike there?' 'OK, I'll get him. Hold on.' (Pauses.) 'Hi!' (he says in Wazowski's distinctive high-pitched voice.) 'Are you looking for me?'

"Now they see me around. There were billboards when I did the Oscars so now they are kind of used to it.

"It's confusing to me! It was, 'Who's that guy?' They watch the same things over and over and over and over again. And over again. And over again. We were watching Dora the Explorer exploring the same thing and then I was looking at the guide and I saw that City Slickers was on. I took the remote. 'Let's see what else is on. There I am!' She actually just said, 'How?'

Billy Crystal loved playing Mike Wazowski for his grandkids. GETTY IMAGES

"Now it's like bragging rights at school, but we're trying to play it down. We live in a town where a lot of the kid's parents are performers. We read book at their school every two weeks, and there are a lot of famous parents."

When I ask if they and their friends will ever realize how cool it is that the "internationally famous" Billy Crystal read to them he laughs, "I think OK, but Will Ferrell read the day before."

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James Gandolfini ALL PHOTOS: GETTY IMAGES

Sopranos star James Gandolfini dies at 51

James Gandolfini, who won three Emmys for his role as Tony Soprano on HBO's The Sopranos, reportedly died in Italy Tuesday after suffering a heart attack, TMZ reports.

Gandolfini, who was 51, was in Italy to attend the 59th Taormina Film Festival in Sicily.

He first garnered fame playing a hitman in 1993's True Romance. But it was his role as the brash, troubled mob boss Tony Soprano that earned him legions of fans of the six-season HBO series.

Gandolfini is survived by his wife, Deborah Lin, who gave birth to the couple's daughter in October.

He has a teenage son from a previous marriage.

METRO NEW YORK

Katy Perry can't stay away from the fireworks

For her first appearance on the cover of Vogue, Katy Perry isn't holding much back, especially about her split from ex-husband Russell Brand. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she tells the magazine. As for why their marriage didn't work out? "I think a lot of times strong men do want an equal, but when they get that equal they're like, 'I can't handle it,'" she says. Perry also addresses her romance with John Mayer, quashing rumours they're together again. "It's over, I was madly in love with him. I still am madly in love with him," she says. "Beautiful mind, tortured soul. I do have to figure out why I am attracted to these broken birds."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Paula Deen revealed as racist jerk?

THE WORD
Dorothy Robinson
scene@metronews.ca

The fearless National Enquirer claims to have unearthed a video of famed "chef" Paula Deen allegedly admitting to using the N-word as well as making a myriad of terrible racist jokes, aimed at African Americans and Jewish people.

The Enquirer claims Deen was filmed in a May 17 deposition to defend herself and her brother Bubba Hiers against a giant lawsuit filed by the former general manager of their Savannah, Ga., restaurant.

Metro has not seen the video, so we have no way of verifying its authenticity.

Lisa Jackson is suing the family for use of defamatory language by Deen and sexual harassment and infliction of distress and assault by Hiers.

The worst from the tape? The Inquirer alleges Deen admits to saying that she wanted "black waiters to play the role of slaves in a wedding party she was planning."

Deen also reportedly gave several examples of when she used the N-word and fesses up to making racist jokes about "Jewish people, rednecks, black folks... I can't determine what offends another person." Her defence is "they're jokes."

Actually, no they aren't. Even in Georgia, those aren't jokes.

Miley Cyrus

Miley Cyrus says it's better to go green

Miley Cyrus isn't being shy when it comes to her opinions on drugs and alcohol. "I think alcohol is way more dangerous than marijuana — people can be mad at me for saying that, but I don't care. I've seen a lot of people spiral down with alcohol, but I've never seen that happen with weed," she tells Rolling Stone during an online Q&A. "As long as it isn't illegal, there are far more dangerous things. And it's legal in the state of California. So I'm happy to live in California, a place where you can be whoever you want to be."

Twitter

@mradamscott
I applaud this year's Bachelorette for being honest enough to behave as if she is in a nightmare.

@ NiallOfficial
On the bus listening to the eagles! Converting the lads ! It's easy! Best band ever !

@ralphmacchio
Do not really understand Instagram. Feels like just another thing to manage. But giving it a whirl. And tweeps like the pic effects.

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What a boy wants, what a boy needs

Usually, when magazines produce lists like this, the 'must-haves' are not always that accessible. So we've rounded up the best value versions of recession-proof classics that will never go out of style.

METRO WORLD NEWS

The shirt

Zara twill shirt
$60, zara.com

These looks are time-proof. GUERRE

The knit

Linen crew neck,
$149.50, clubmonaco.ca

The suit

J.Crew Ludlow jacket
$525,
J.Crew Ludlow trousers,
$265
jcrew.com

The shirt

Topman white scoop neck T-shirt
$14, topman.com

The chino

Ben Sherman EC1 slim
$95, bensherman.com

The jeans

Edwin ED80- slim-fit jeans
$200, mrporter.com

The coat

Heritage navy cotton peacoat, $310
bananarepublic.gap canada.com

The desert boots

Clarks Originals suede desert boots
$140, clarkscanada.com

The brogue

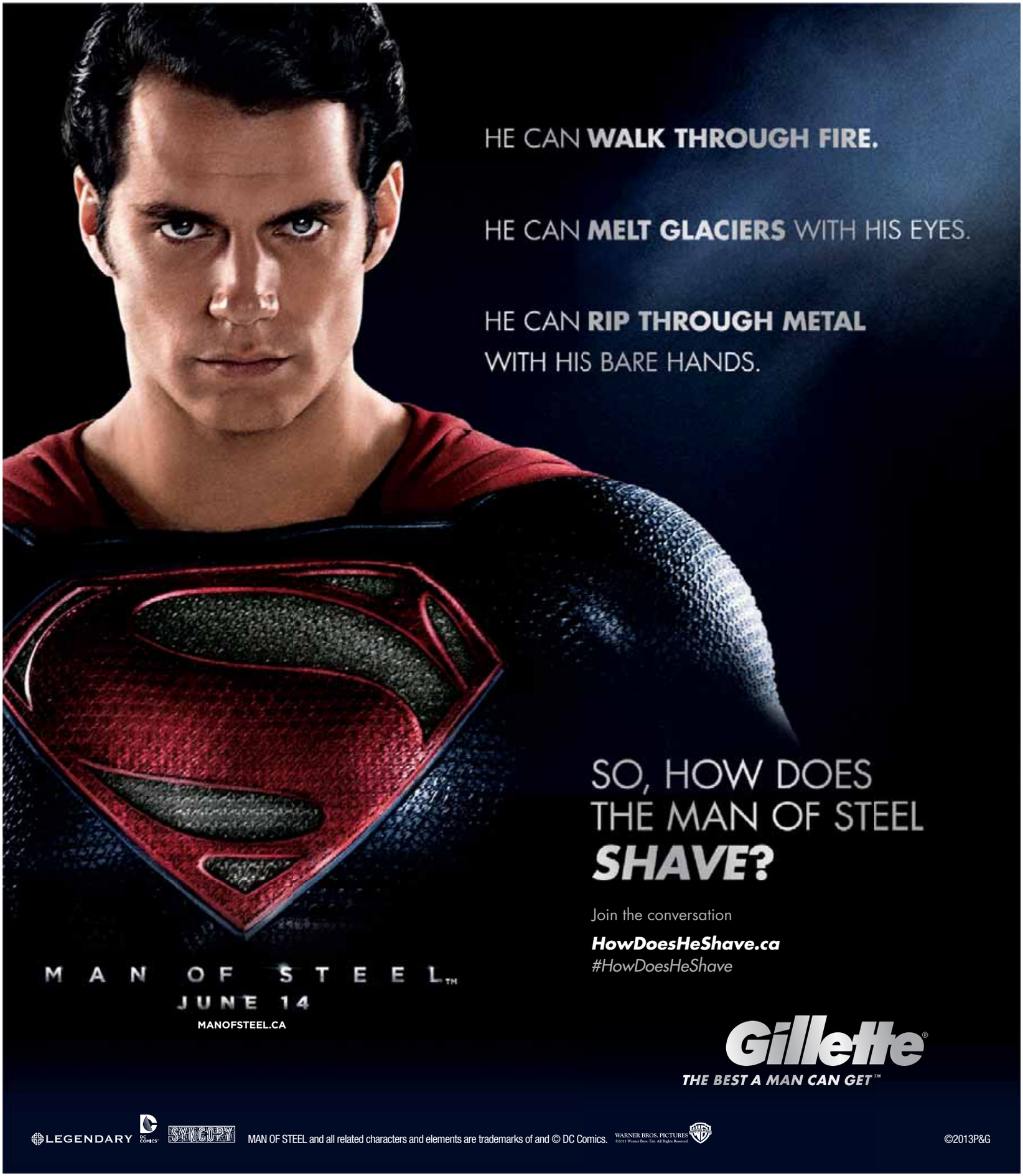
Mr. B's Theatum,
$175, aldoshoes.com

Styling tip

All lace-ups are not the same. The Oxford is the dressier older brother to the more informal brogue. You need both in your arsenal.

The Oxford

Mr. B's Paramonga,
$175, aldoshoes.com


HE CAN WALK THROUGH FIRE.
HE CAN MELT GLACIERS WITH HIS EYES.
HE CAN RIP THROUGH METAL WITH HIS BARE HANDS.
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Snack. Grilled Lattice-Topped Apples

1. Heat grill to 190 C (375 F).

2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.

3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon filling into hollowed-out apples.

4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.

5. Place apples in heavy pan that can go on a grill. Pour apple juice into pan around base of apples. Place pan on grill. Close grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.

6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce.

THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013)

Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

Spice up your life — and sorbet

This recipe makes 4-1/4 cups (1 l) NEWS CANADA

Put a new spin on entertaining. Make recipes that are full of wholesome ingredients, yet simple to create with the help of the ultimate multitasking kitchen tool: a high performance blender.

The new Vitamix 7500, with all of its high tech features, allows you to quickly blend for a flavourful gazpacho. Clean the machine in 30 seconds and then whip up this gourmet Spiced Berry Sorbet.

Vitamix machines take the place of numerous kitchen appliances. They finely chop, grind, and blend whole-food ingredients and much more—all in one container.

1. Partially thaw frozen berries and cherries for 20 minutes; set aside.

2. Place ginger, water, and sugar into the Vitamix container and secure lid.

3. Select Variable 1.

4. Switch machine to Start and slowly increase speed to Variable 8. Blend for 20 seconds, until ginger is finely chopped. Stop machine and remove lid. Add berries and cherries, mint, cloves, allspice, nutmeg, cinnamon, and vanilla to the container with ginger mixture and secure lid.

5. Select Variable 1.

6. Switch machine to Start and slowly increase speed to Variable 10, using the tamper to press the ingredients into the blades. In about 25 to 30 seconds, the sound of the motor will change and four mounds should form.

7. Stop machine. Do not over-mix. Serve immediately. NEWS CANADA

Ingredients

- 1 cup (150 g) each frozen unsweetened strawberries, blueberries, blackberries and raspberries
- 2 cups (300 g) frozen pitted Bing cherries
- 1/2 oz (14 g) fresh ginger, peeled
- 1/2 cup (120 ml) cold water
- 1/2 cup (100 g) granulated sugar
- 1/2 cup (13 g) fresh mint leaves
- 1/8 tsp each ground cloves and ground allspice
- 1/4 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract

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Fresh Wild Chum Salmon (Whole) 2.99 /lb
SAVE $2 BBQ Duck 16.99 /ea
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Creamy sauce dresses up meat

This mouth-watering dish takes no time at all to prepare and the reward is delicious!

The pink peppercorn crust is complimented so well by the creamy, cheesy Canadian Cambozola sauce.

This one is sure to please your family, guests or even just yourself.

Ingredients

- 2 strip loin steaks, each about 8 oz (250 g)
- 2 cloves garlic, grated
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) Worcestershire sauce
- 1 tsp (5 ml) dried thyme
- 1 1/2 tbsp (22 ml) pink peppercorns, crushed and divided

Creamy Cambozola Sauce

- 1 1/2 tbsp (22 ml) unsalted butter
- 1 clove garlic, minced
- 1/2 cup (125 ml) 35% whipping cream
- 1/4 lb (125 g) Canadian Cambozola, Gorgonzola or Blue cheese, crumbled
- 1 tsp (5 ml) grated lemon zest

1. Bring steaks to room temperature, about 20 minutes. Pre-heat barbecue to medium-high heat.

2. In a small bowl whisk together garlic, olive oil, Worcestershire sauce and thyme. Brush steaks with marinade and firmly coat with the peppercorns reserving a 1/2 tsp (2 ml) to garnish sauce.

3. Place steaks on a greased grill in the centre (to allow even heat circulation). Grill covered, turning once, until steaks are medium-rare, about 8 minutes or until desired doneness. Transfer to a cutting board and let steaks stand 6 minutes before slicing or plating.

4. Creamy Cambozola Sauce: Meanwhile, heat a small saucepan on medium heat; melt butter. Add garlic, cook for 1 minute or until fragrant. Add cream and reduce by half, about 4 to 5 minutes. Slowly, whisk in cheese until pieces melt. Stir in lemon zest.

5. Serve sauce on the side or on top of a portion of the steak and garnish with remaining peppercorns. **CHEF DEVAN RAJKUMAR/ DAIRY FARMERS OF CANADA**

Grilled Pink Peppercorn Steak with Creamy Cambozola Sauce

This recipe serves two to four people. DAIRY FARMERS OF CANADA

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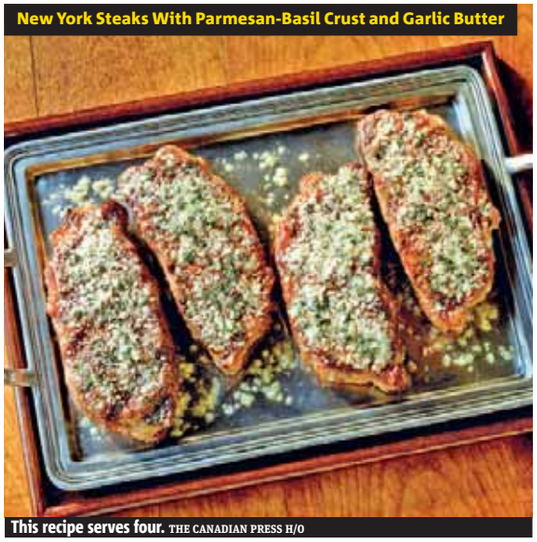
MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With new ideas for all types of meats, veggies, marinades, and burgers, this often-updated recipe collection will introduce you to plank grilling, brisket smoking, fried ravioli, and gourmet BBQ pizza.

New York steak of mind

New York Steaks With Parmesan-Basil Crust and Garlic Butter



This recipe serves four. THE CANADIAN PRESS H/O

Although this New York Strip Steak recipe calls for the steak to stand at room temperature, some barbecuing experts say this makes no perceptible difference to the grilling process and is not advised from a food safety standpoint.

1. Lightly brush steaks on both sides with oil and season with salt and pepper. Let stand at room temperature 15 to 30 minutes before grilling.

2. Prepare grill for direct cooking over high heat — 230 to 290 C (450 to 550 F).

3. Combine cheese and basil.

4. Sear steaks on one side over direct high heat, with lid closed, for 3 to 4 minutes. Turn steaks over and generously coat top of each steak with cheese and basil mixture. Close lid and continue grilling until cheese is melted and steaks are cooked to desired doneness, 3 to 4 minutes more for medium rare. Remove from grill and let rest for 3 to 5 minutes.

5. Meanwhile, in a saucepan over medium heat, combine butter and garlic and heat until butter is melted and garlic is sizzling, about 3 minutes. Remove from heat. Spoon garlic butter over steaks and serve immediately. **THE CANADIAN PRESS/WEBER'S NEW REAL GRILLING BY JAMIE PURVIANCE (WEBER-STEPHEN PRODUCTS)**

Ingredients

- 4 New York strip steaks, each 285 to 340 g (10 to 12 oz) and about 2.5 cm (1 inch) thick, trimmed of excess fat
- 15 ml (1 tbsp) extra-virgin olive oil
- 7 ml (1 1/2 tsp) kosher salt
- 5 ml (1 tsp) black pepper
- 250 ml (1 cup) freshly grated Parmigiano-Reggiano cheese
- 30 ml (2 tbsp) finely chopped fresh basil leaves
- 50 ml (1/4 cup) unsalted butter
- 2 medium garlic cloves, minced

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We're seeing more unique, thoughtful takes on home furnishing basics. Say goodbye to 90-degree, square-edged designs and hello to multi-faceted, hand chiseled, angled designs that add casual structure to any room.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Walking Bear Side Table

Take a walk on the wide side with a piece that doubles as a sculpture and side table. $3,430, Avenue-Road.com

Nolmyra chair by Jooyeon Lee

Incredibly light weight (just six pounds) and incorporating bentwood and mesh for a classic Scandinavia design. $39, IKEA.com

Sloped and Slanted Bookcase

Precisely-slanted shelves display your possessions while you appreciate them at a new angle. $1,500, Anthropologie.com

Stainless Steel Chiseled Tumbler

Insulated double-walled stainless cup keep drinks cold through the hot summer days. $23, StarbucksStore.ca

Sculpt table lamp

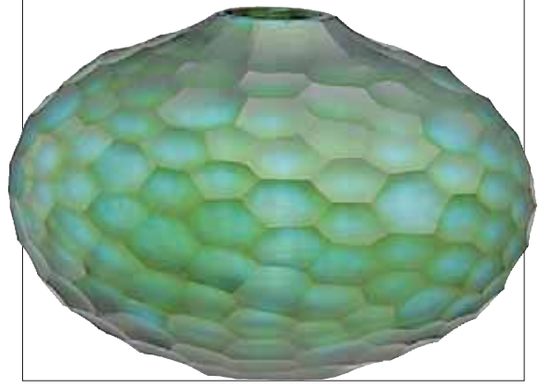
Lightweight fabric wrapped over a frame to create a modern glow. $75, EQ3.com

Warm Silver Leaf Quarry Accent Table

The perfect side table to help modernize a sitting area. $1,935, Barbara Barry for Baker, studioBhome.com

Saba Vase

Jewel tones of blues and green peek through the faceted cutwork of glass. $153, CrateAndBarrel.ca



Cleaning

Housekeeping myth: Borax as a green product for your home

Is the use of Borax still considered to be an environmentally good product to use in our homes?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Sadly no. I, too, have thought for many years that Borax was a safe, good cleaning product to use in our homes.

However, I have recently learned the following from the David Suzuki Foundation website and I quote, "The Georgia Strait Alliance's Toxic Smart Solutions factsheet says 'while borax is also one of the least hazardous domestic cleaning products, it is not without an environmental impact. It contains a higher level of arsenic that most other products (30 parts per million), which is why it's also an effective ant killer.'"

So like anything, always be careful, read the label and do your research before using a chemical product.

Always read the label on cleaning products that use chemicals. ISTOCK IMAGES

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*Do not use on unfinished wood, oiled or waxed wooden boards, non-sealed tiles or carpeted floors because they may be water sensitive.

FOR MORE INFORMATION VISIT SWIFFER.CA

You're moving on up, but there's no reason you can't do it stress-free

Summer moving season. Two-thirds of moves occur between May 15 and Aug. 31

COURTNEY FOWLER
Metro World News in New York City

Want to make moving day easier? Pack some things you don't use often in advance. HANDOUT

Don't want your important documents going to the wrong apartment? Change your address with Canada Post. HANDOUT

Whether you're a student headed back home for summer break or newlyweds signing a lease on your first place, you're going to go through the pains of packing.

Andrea Boccard, vice president of marketing at FlatRate Moving, offers some tips on how to make the process stress-free.

De-clutter

Before boxing things up, Boccard says it's really important to de-clutter. "Even in teeny apartments, we tend to accumulate a lot of stuff," she says. "Spend a couple of days getting rid of the items that you don't need, like takeout menus from the old neighbourhood. Just clearing that space will give you a clear picture of what you're actually packing."

Create "a move book"

The key is to stay organized. Keep the important details of your move together in a book or folder on your computer.

"It should include everything from lists you make, to your insurance and building management information, to estimates you receive," says Boccard.

Know the rules

If moving into an apartment or condo "you should be in close contact with the management for both [your new and old] buildings," says Boccard. She advises reserving freight elevators and making sure your movers have the proper insurance coverage your building may require. "Any hitch in the details can cause problems for the entire moving day."

Pack in advance

"Plan your move more than a month in advance if you can," says Boccard.

Start by packing the items you don't need such as books, CDs or DVDs and out of season clothes.

"We ask people, 'Do you want us to pack for you?' and they say 'No, no I'll pack myself,' but two weeks before [the move] they're nearly in tears because they're unable to do it," she says.

"So being realistic about time and what time you allocate to moving activities is the best advice I can give."

Stay organized

Maintaining organization while your whole life is packed up in boxes may seem nearly impossible, but Boccard says it's a crucial part of the moving process.

The company recommends creating an inventory of your belongings as you pack.

Keep important items by your side: Store key items such as your move book, prescriptions, jewelry, toiletries and chargers in a designated bag on move day.

Change of address notifications

The last thing you want is private and important documents going to an old address. Canada Post advises you complete a change of address form online at canadapost.ca before moving to your new place.

Key tip

What's the biggest moving mistake?

- "Don't leave anything until move day. The planning and organizing process is crucially important. For instance, if you have kids, where are they going to go for the day? There are a lot of those things that you don't want to wait for the movers to show up before you figure out. Really, you don't want to have to make any decisions on move day. You want everything to have been orchestrated so that when you wake up that morning, everything just happens," says Boccard.

First time home buyer? How to save a down payment

Put 20 per cent down. 'The benefits of home ownership make the struggle well worth it'

Buying your first home is one of life's biggest milestones, but for many first time home buyers, getting together the money for a down payment is a huge challenge.

"As a first time buyer, saving for a down payment is no mean feat," says Ron Abraham, president of the Ontario Real Estate Association. "However, the benefits of home ownership make the struggle well worth it. Remember, the more you put down initially, the better; as this will cut into your long term mortgage costs."

Abraham recommends a combination of smart saving, careful budgeting and tapping into government incentives to help get your down payment together and into your first home faster.

Most banks and lenders advise putting 20 per cent down — while this may not be possible for all first time buyers, Abraham suggests getting as close to that number as you can, and offers these tips to help:

Cut back

Remember, small things add up. A recent poll by Visa Canada found that 60 per cent of Canadians eat lunch out at least once a week. At an average cost of $8.80 per meal, eating out three times per week adds up to $20,000 after 10 years!

Organize expenses

Make sure you keep track of your expenses so you can flag issues. Categorize spending so you can see where your money is going — it may motivate you to forego your daily latte.

Borrow from your RRSP

To provide first-time homebuyers with greater access to their RRSP savings to purchase or build a home, the Government of Canada has increased the Home Buyers' Plan withdrawal limit to $25,000 per person for withdrawals made after Jan. 27, 2009.

Apply the First-Time Home Buyers' Tax Credit

To assist first-time homebuyers, the Government of Canada introduced a $5,000 non-refundable income tax credit on a qualifying home acquired after Jan. 27, 2009. For eligible individuals, the credit provides up to $750 in federal tax relief starting in 2009. NEWS CANADA

Are you seeing signs that it may be time to think about home ownership? ISTOCK IMAGES

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A walk on the wild side

Mock croc. Home furnishings makers have embraced animal patterns in a big way

Bob Mackie's new Hollywood-inspired home furnishings collection for American Drew includes a croc-pattern embossed headboard on a dramatic platform bed, top. A double chaise from Harden Furniture features a whiskey brown leather with a faux crocodile pattern used along the base and sides. CONTRIBUTED

Following the lead of top fashion designers, home furnishings makers have embraced crocodile patterns in a big way. Many of the most exciting designs unveiled at a recent showcase of new furniture products in High Point, N.C., — known as the furniture capital of the world — featured the dramatic texture and pattern of this stylish reptile. Mock croc, it seems, has walked straight off the designer apparel runway and into living rooms, dining rooms and even bedrooms.

No longer reserved for shoes, bags and apparel, faux croc is one of the most on-trend looks for today's furniture. From cabinets and consoles to sofas and chairs, croc patterns debuted in an astonishing array of materials and colours this spring.

"It's exciting to see the way furniture designers have embraced faux croc and interpreted it for their collections," says Jackie Hirschhaut, vice-president of the American Home Furnishings Alliance with a Canadian chapter. "Eclectic blends of colour, texture and materials have been a key trend in accent furniture for several years. Each season we see something new peak in popularity. Last fall it was nailhead trim. This spring it was definitely faux crocodile."

Most new designs introduced at the spring High Point Market will appear in retail stores by early fall.

In home furnishings, fashion-forward applications of the deeply-scored crocodile skin pattern are most often in leather, but it also showed up stamped in metal and painted on wood at the spring High Point

"And while the patterns are close to life-like, the application of colour was anything but," Hirschhaut says. "From oxblood red to deep Nile blue, furniture makers are choosing deep, jewel-toned hues or metallic finishes that add to the exotic appeal."

In his new collection for American Drew, fashion designer Bob Mackie drew inspiration from his luxury apparel roots to create a stunning set of nesting tables featuring faux croc. Tabletops crafted from metallic-finished leather stamped with a crocodile pattern are paired with sculpted metal sides to create a jewelry-like accent for a fashion-forward room.

"The pattern and texture of crocodile has been a favourite of mine for years — in fashion as well as home design," Mackie says. "Nature, on its own, has created the most beautiful, natural patterns, including snake, feathers and, of course, crocodile.

"Today, with the inspiration of mid-century style, these beautiful patterns and textures can enhance the simplest, classic designs."

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Sofas will be used as the canvas in which to show off a penchant for colour, says one home decor expert. The focus will highlight the mix of patterns and colours used on toss cushions that adorn the sofa. CONTRIBUTED

Summer decor trends

Fashion colours may lead decor trends, and European design markets may be years ahead of us in North America. But for Christina Marzilli, co-owner of Decor-Rest, having a keen eye for what Canadians are looking to buy right now has been the key to her success in the home furnishings business for 40 years.

Here are some spring/summer decor trends that will be big for Canada:

The Mix & Match Formula

"This year, we're going to be using our sofas as the canvas in which to show off our penchant for colour," Marzilli says. "The focus will go beyond the colour of the sofa itself. Rather, it will highlight the mix of patterns and colours used on toss cushions that adorn the sofa." The fundamental formula, according to Marzilli, will be a must-have combination of flame stitch, floral, geometric patterns, stripes, and solids, where the density of colours will be the element that brings the entire look together.

Personal Style

Consumers will be ready to take chances to showcase their own personal style this year. It's not just about what they see on the retail floor, they will want to personalize it, customize it, and have that control over the designs they bring home. And while green has been chosen by Pantone as its colour for 2013, Marzilli predicts that various shades of yellow will reign supreme in Canadian homes this spring and summer.

Tufting touches can be seen in the most smallest of spaces, such as the back of a corner armchair. CONTRIBUTED

Slipcovers

Parents everywhere can rejoice this spring and summer, as furniture slipcovers are back. "Slipcover designs have come a long way from where they initially started," Marzilli says. "Consumers want design and convenience, and today's slipcovers offer both."

Tufting

It's not just for the boudoir any more — tufting touches can be seen in the most smallest of spaces such as the back of a corner armchair or front and centre on a large sofa in a grand library. Regardless of size or space the tufting effect offers a touch of old-world glamour to our new world style.

Exposed Wood

Raw, lacquered or stained, exposed wood will be very chic in Canada this spring and summer. Leading design houses are showcasing white furniture finishes, and Canadians will be experimenting with stains and colours and the natural beauty of wood.

METRO CUSTOM PUBLISHING

THE REAL ESTATE EDGE

BY MARNIE BENNETT

INVESTING IN YOUR HOME: TAKING THE LONG VIEW

Your home is likely the largest financial investment you'll ever make. When the time comes to move on, the increased value of your home will yield money you can put in the bank – or, better yet, towards your next real estate investment.

Thinking of real estate with an eye to its future worth can help you to make important decisions during your home search. It may encourage you to purchase a home in an up-and-coming part of town rather than a well-established area, with the knowledge that property values will rise as the neighbourhood is gentrified.

Helping your investment stand the test of time may mean choosing a neutral kitchen backsplash rather than a trendier option. It may even mean selecting design features that you personally don't consider important: just because you favour showers over baths, for instance, doesn't mean it's a good idea to skip the bathtub in your master en-suite. Ten years down the road, that missing bathtub may be a deal-breaker for many prospective purchasers.

Once you're settled, it's important to keep the value of your investment high. That means proper upkeep and getting feedback from your real estate team before undertaking any renovations. Landscaping is a terrific, cost-effective way to add value to your home: a sapling costs very little, but in time it will grow to be a beautiful, irreplaceable asset.

Real estate is one of the few investments you can enjoy from beginning to end. While stocks and bonds put your assets out of reach until you decide to cash them in, a home is a tangible investment that surrounds your family with comfort every day.

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KEEP CLUTTER UNDER CONTROL

As the years pass, most people's lives become a little cluttered. Eventually closets and storage rooms just won't hold anything more. It's then that you should look to shed a few excess pounds and clear out the old furniture, unused clothing, and idle sports equipment that you no longer need.

There are times when doing so is absolutely necessary, as when you're downsizing – such as moving from a large house to an apartment. Even if you're moving to a similar-sized space, it's a good opportunity to dispense with some of the junk that you've collected along the way. But don't just heave it all into a dumpster because one person's trash is another's treasure.

Remember to reduce, reuse and recycle wherever you can. Don't consign that unused item to a landfill when someone else – someone in real need – can use it and would be grateful for it.

The Canadian Diabetes Association (CDA) offers a pickup service for clothing, small appliances, household goods, furniture and – depending on the condition – major appliances excluding refrigerators. The charity then sells what it collects to Value Village, putting all proceeds towards its diverse programs assisting those living with diabetes.

Local CDA collection centres are listed in the telephone book or call 1-800-BANTING (226-8464). Goodwill Industries operates 35 stores which accept clothing and small household items like toasters, lamps and VCRs. Their larger stores will also accept furniture and they also have numerous tractor trailer donation centres where staff can give you a hand unloading. Check the agency's website at goodwill.on.ca for the store or donation centre nearest you.

You can sell sports equipment to a store that buys and sells used items. Or give a kid a sporting chance by donating it all to a non-profit group.

How about books? If you're like many people, you've got boxes of them that you will never read, or having read them, have no desire to keep in your personal collection. You can always pass them on to a friend or neighbour. Donate them to a local church bazaar or hospital. Magazines can also be passed along or perhaps your doctor would appreciate a few new additions for their waiting room.

THINKSTOCK

There are many charitable organizations that could benefit from your generosity. So open that closet and take a long, hard look at what you've got. Is it worth hanging on to for another decade? Is it worth paying to store it somewhere? If not, get rid of the clutter and get on with your life.

Article courtesy Sheryl Erenberg. Erenberg is president of Sheryl Erenberg and Associates. Her marketing consulting firm specializes in marketing communities. Visit sherylerenberg.com

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Davis crushes a pair as O's dispose of Tigers

The Orioles' Chris Davis watches his ninth-inning home run hit the seats at Comerica Park on Wednesday in Detroit. Davis leads the majors with 26 homers. PAUL SANCYA/THE ASSOCIATED PRESS

MLB. First baseman hits two more long balls as Baltimore continues to keep pace in AL East

Chris Davis sent a pitch to the opposite field over the left-field fence and pulled another one deep into the right-field seats.

His day gave him a major-league leading 26 homers and helped the Baltimore Orioles beat the Detroit Tigers 13-3 Wednesday.

Davis, who had a two-run homer in Baltimore's six-run fourth inning, hit his second two-run shot in the ninth off embattled reliever Jose Valverde.

"It split right into my barrel," Davis said.

Baltimore improved to a season-high 11 games over .500 to prevent Boston from building a bigger lead in the AL East.

"We're doing a lot of things right," Davis said.

Chris Tillman (8-2) gave up three runs and seven hits over five-plus innings. He became the third Orioles pitcher ever to win his first six road decisions.

Tillman gave up two singles and a walk in the first, but didn't give up a run because Austin Jackson was caught stealing second and Victor Martinez struck out to end the inning with Miguel Cabrera and Prince Fielder on base.

Rick Porcello (4-4) allowed six runs on nine hits, giving up a pair of homers for the third time this year.

Tigers manager Jim Leyland lamented that Porcello seemed to get rattled by Ryan Flaherty's infield hit, which could've been an inning-ending groundout in the fourth, that led to Taylor Teagarden's first homer of the season two pitches later.

"Rick lost his composure a little bit after Flaherty hit that little nubber to third," Leyland said. "Groundball pitchers are going to give up hits like that, and they have to bounce back from them. He should have been able to do that, especially against that part of the order. Giving up a two-run homer to that guy, you can understand, but you have to get out of that inning." THE ASSOCIATED PRESS

On Wednesday

Orioles	Tigers
13	3

Believe it or not

Something's changing in Toronto

CATHAL KELLY
Special to Metro

Going into Wednesday night's game against the Rockies, the Jays had won seven straight, and 10 of 12. During that stretch, they'd chopped their wild-card deficit from nine games back to 4.5.

But is it time to "believe"? This time last year, the Jays were two games over .500 and 3.5 games out of the wild card. And only a guy who cuts his Tang with MDMA would have told you he believed then.

What's changed? The team, obviously. But I'd suggest we have as well.

I doubt anyone would've told you a month ago the Jays had a chance at the playoffs, but we did all feel they wouldn't embarrass us.

We expected some sort of fight-back. We're getting it.

So do we believe?

No, not yet. But having kept steady this long, we're willing to be convinced.

Go to metronews.ca for more of Cathal Kelly's take on the Jays and for results from Wednesday night's game vs. the Rockies.

B's helping a wounded city heal

Relatives of an MIT police officer killed by the marathon bombing suspects take part in the pre-game ceremony on Monday in Boston. GETTY IMAGES

They have come to wave flags or meet players or just appear on the video screen, invariably to standing ovations, during the Boston Bruins' run to the Stanley Cup final.

Many are in wheelchairs, some are in uniform, and others have been honoured on behalf of those who couldn't make it at all.

As the Bruins attempt to win the NHL championship, they have shared the spotlight with the victims and first responders from the Boston Marathon bombings, using them as "Fan Banner Captains."

The Bruins are hoping a cup can contribute to the healing.

"I think we can help, in probably a large way," Bruins coach Claude Julien said.

"I guess it doesn't fix the things or the people that have been lost. That will never be fixed. At the same time you have to try to heal."

THE ASSOCIATED PRESS

Hope in hockey

"With everything that's gone on in the city, there'd be nothing more they deserve than a big win by us."
Bruins forward Milan Lucic

Go to metronews.ca for coverage of Wedneday night's Stanley Cup final Game 4.

NBA

New Raptors GM keeping Casey

Dwane Casey will remain the Toronto Raptors head coach, holding onto his job amid a major front-office overhaul.

There had been some question regarding Casey's future in Toronto following the hiring of new GM Masai Ujiri. But Ujiri said Wednesday that Casey will be back with the Raptors for the upcoming season.

THE CANADIAN PRESS

Dwane Casey GETTY IMAGES

NHL

Red Wings getting $650M new rink

The Detroit Red Wings and city officials on Wednesday announced a $650-million plan for a new arena development for the NHL team in Detroit's downtown entertainment and sports district.

Plans for the 18,000-seat arena were announced Wednesday at a meeting of economic development officials to approve the deal. Red Wings owner Mike Ilitch has long said he wanted a replacement for the 32-year-old Joe Louis Arena.

The team said there will be $367 million in private investment and $283 million in public funds in the complex, which would also include residential, retail and office space. THE ASSOCIATED PRESS

Great payday

$500K

Shawn Chaulk, a construction contractor from Fort McMurray, Alta., received more than $500,000 for a collection of jerseys, skates, helmets, gloves and pucks used by Wayne Gretzky. About $350,000 came from one item alone — the jersey Gretzky wore in the 1986-87 season when he scored his 500th NHL goal and won the Stanley Cup with the Edmonton Oilers.

4 SPORTS

LeBron James of the Heat dunks the ball during Game 6 of the NBA finals on Tuesday in Miami. James led the Heat to a 103-100 win to force Game 7.
WILFREDO LEE/THE ASSOCIATED PRESS

‘I want to go down as one of the greatest’

NBA finals. LeBron welcomes Game 7 pressure in leading Heat to title repeat

LeBron James could not sleep after Game 6.

Imagine, then, how frayed his emotions will be going into Game 7.

So much is at stake. Legacies, for so many players, James included. The NBA championship. Whether the season was a success or a bust. How he will be portrayed over the next few months. How history will judge a Miami Heat team that won 27 straight games in one stretch, 66 games in the regular season and now 81 games overall.

Although the Heat will insist otherwise, the common belief is that it all hinges on James’ shoulders. And the four-time NBA MVP wouldn’t have it any other way when his Heat take on the San Antonio Spurs in Game 7 of the NBA finals on Thursday night.

“I want to go down as one of the greatest. I want our team to go down as one of the greatest teams. And we have an opportunity to do that,” James said. “Hasn’t been many teams to win back-to-back championships. It’s so hard. It’s the hardest thing. I said last year it was the hardest thing I’ve ever done, winning my first. Last year don’t even come close to what we’ve gone through in this post-season and in these finals.”

James was so weary afterward that he had trouble pulling himself up from the chair where he conducted postgame interviews. But on Wednesday, even after a night of no sleep — “everything goes through your mind after a game,” he said — James said he was already feeling more spry than he was the night before. More rest, more treatment, some time at home with family and friends and a scheduled 9 p.m. date to watch SpongeBob with his kids — James figured that was the right formula to get ready for Game 7.

His second ring is 48 minutes away. If it comes, it will be earned.

“First of all, I’m blessed, man. I don’t even know how I got here,” James said. “I wasn’t supposed to be in the NBA, if you go by statistics and things of me growing up where I grew up. Every time I go into my locker-room and see the ‘James’ on the back of an NBA jersey, I’m like, ‘Wow.’ No criticism can deter me from playing this game because of that. I’m not supposed to be here.”
THE ASSOCIATED PRESS

Wade’s knee will ‘be fine’ for Game 7

Dwyane Wade of the Miami Heat says he woke up with swelling and stiffness in his left knee on Wednesday, one day after getting hit in Game 6 of the NBA finals against San Antonio.

- Wade missed the start of the second half of Game 6 while getting treatment, then returned. He has no doubt that he will play in Game 7 on Thursday, when the Heat and Spurs will decide this season’s NBA champion.
- Wade says that with just one game left, “you muster it up, you give it. So I’ll be fine.”

Tennis

Milos misfires on eve of Wimbledon

It wasn’t quite the Wimbledon warm-up Canadian Milos Raonic was hoping for.

The top seed from Thornhill, Ont., dropped his second-round match Wednesday at the Eastbourne grass-court tournament, falling 6-2, 7-6 (7) to Croatian Ivan Dodig.

The Eastbourne event also wasn’t kind to Toronto’s Daniel Nestor, who earlier lost his first-round doubles event with Swedish partner Robert Lindstedt.

Raonic will open Wimbledon next week as the men’s 17th seed but heads to the All England Club badly lacking in grass confidence.

“I couldn’t have started in a worse way. I think I missed four backhands to start off the match,” said Raonic. “I had break chances and then lost my serve easily again.

Raonic lost his first-round match on grass last week an event in Halle, Germany, and immediately applied for a wild-card entry into Eastbourne. He was installed as the top seed based upon his No. 15 ATP world ranking. THE CANADIAN PRESS

A friendly little challenge

Christine Sinclair of Burnaby, B.C., and Germany’s Lena Goessling, right, challenge for the ball during an international friendly soccer match on Wednesday in Paderborn, Germany. Germany defeated Canada 1-0 on a 53rd-minute goal from Leonie Maier and outshot Canada 8-2. MARTIN MEISSNER/THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	44	29	.603	—
Baltimore	42	31	.575	2
New York	39	31	.557	3½
Tampa Bay	36	35	.507	7
Toronto	**34**	**36**	**.486**	**8¾**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	39	31	.557	—
Cleveland	35	35	.500	4
Kansas City	34	35	.493	4½
Minnesota	31	36	.463	6½
Chicago	29	39	.426	9

WEST DIVISION

	W	L	Pct	GB
Oakland	43	30	.589	—
Texas	39	32	.549	3
Seattle	32	40	.444	10½
Los Angeles	31	40	.437	11
Houston	27	45	.375	15½

Wednesday’s results
Baltimore 13 Detroit 3
N.Y. Yankees 6- L.A. Dodgers 4- (DH)
Kansas City at Cleveland
Colorado at **Toronto**
Tampa Bay at Boston
Oakland at Texas
Milwaukee at Houston
Chicago White Sox at Minnesota
Seattle at L.A. Angels
Thursday’s games
All times Eastern
Chicago White Sox (Danks 1-3) at Minnesota (Diamond 4-6), 1:10 p.m.
Oakland (Griffin 5-6) at Texas (Lindblom 0-2), 2:05 p.m.
Milwaukee (Gallardo 6-6) at Houston (Harrell 5-7), 2:10 p.m.
Tampa Bay (Moore 8-3) at N.Y. Yankees (Pettitte 5-4), 7:05 p.m.
Boston (Lackey 4-5) at Detroit (Alvarez 1-0), 7:08 p.m.
Seattle (Hernandez 8-4) at L.A. Angels (Hanson 4-2), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	42	30	.583	—
Philadelphia	35	37	.486	7
Washington	34	36	.486	7
New York	27	40	.403	12½
Miami	22	49	.310	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	45	26	.634	—
Cincinnati	43	29	.597	2½
Pittsburgh	42	29	.592	3
Chicago	29	40	.420	15
Milwaukee	28	41	.406	16

WEST DIVISION

	W	L	Pct	GB
Arizona	39	33	.542	—
San Francisco	37	34	.521	1½
Colorado	37	35	.514	2
San Diego	36	36	.500	3
Los Angeles	29	40	.420	8½

Wednesday’s results
San Francisco 4 San Diego 2
Arizona 3 Miami 1
Washington at Philadelphia
Pittsburgh at Cincinnati
N.Y. Mets at Atlanta
Chicago Cubs at St. Louis
Tuesday’s results
San Francisco 5 San Diego 4
Philadelphia 4 Washington 2
Arizona 3 Miami 2
Chicago Cubs 4 St. Louis 2
N.Y. Mets 4 Atlanta 3
N.Y. Mets 6 Atlanta 1
Pittsburgh 4 Cincinnati 0
Thursday’s games
All times Eastern
Pittsburgh (Cumpton 0-0) at Cincinnati (Bailey 4-5), 12:35 p.m.
Colorado (Oswalt 0-0) at Washington (Zimmermann 9-3), 7:05 p.m.
N.Y. Mets (Niese 3-6) at Atlanta (Minor 8-2), 7:10 p.m.
Chicago Cubs (Feldman 6-5) at St. Louis (Lynn 9-1), 8:15 p.m.
L.A. Dodgers (Fife 1-2) at San Diego (Marquis 9-2), 10:10 p.m.
Miami (Koehler 0-5) at San Francisco (Gaudin 2-1), 10:15 p.m.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

CHICAGO (1) VS. BOSTON (4)
(Boston leads 2-1)
Wednesday’s result
Chicago at Boston
Saturday’s game
Boston at Chicago, 8 p.m.
Monday’s game
x-Chicago at Boston, 8 p.m.
Wednesday, June 26
x-Boston at Chicago, 8 p.m.
x — if necessary.

SCORING LEADERS

	G	A	Pt
Krejci, Bos	9	14	23
Horton, Bos	7	11	18
Lucic, Bos	5	11	16
Malkin, Pit	4	12	16
Letang, Pit	3	13	16
Sharp, Chi	9	6	15
Hossa, Chi	7	8	15
Crosby, Pit	7	8	15
Kane, Chi	6	9	15
Bickell, Chi	8	5	13
Bergeron, Bos	7	6	13
Voynov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Iginla, Pit	4	8	12
Zetterberg, Det	4	8	12
Pavelski, SJ	4	8	12
Richards, LA	3	9	12
Chara, Bos	2	10	12
Brassard, NYR	2	10	12
Dupuis, Pit	7	4	11
Couture, SJ	5	6	11

Wednesday’s game not included

NBA PLAYOFFS

FINAL

(Best-of-7 series)

MIAMI (1) VS SAN ANTONIO (2)
(Series tied 3-3)
Tuesday’s result
Miami 103 San Antonio 100 (OT)
Thursday’s game
San Antonio at Miami, 9 p.m., EDT

Horoscopes

♈ Aries
March 21 - April 20
Your reaction when confronted by an obstacle is to kick it out of the way, but you must be more subtle today. You should also try to remember that other people's feelings are not always as robust as your own.

♉ Taurus
April 21 - May 21
The best way to deal with a problem is pretend it doesn't exist. The more you focus on negative things, the more likely it is they will keep going wrong. "Positive thinking" is more than just a slogan.

♊ Gemini
May 22 - June 21
There are far too many distractions in your life and if you want to move ahead in areas that are really important to you then you need to cut back quite ruthlessly on activities.

♋ Cancer
June 22 - July 23
The Sun moves into your sign tomorrow and a new solar year begins, making this the ideal day to look back over the past 12 months. Whatever mistakes you made, forgive yourself and move on.

♌ Leo
July 24 - Aug. 23
You may appear open and outgoing to the world at large but you have secrets like everyone else. One secret is likely to be revealed over the next few days. Pretend you don't care.

♍ Virgo
Aug. 24 - Sept. 23
If you have not finished a project of some time by now, it might be best to forget about it. That is the message of the stars today and while it may sound a bit negative, it's not.

♎ Libra
Sept. 24 - Oct. 23
When the Sun crosses the career angle of your chart tomorrow, you must turn your attention to your reputation. Could it be better? Yes, it could. You must identify how.

♏ Scorpio
Oct. 24 - Nov. 22
In recent weeks it seems you have been cruising on autopilot but that will change with the Sun's change of signs tomorrow. Suddenly you will be more alive again. Suddenly you will be back in control.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to get your point of view across in a calm way. It will help if you are clear in what exactly it is you want to say. Make that your priority today then speak up tomorrow.

♑ Capricorn
Dec. 22 - Jan. 20
Try to help others because the good deeds you do for them now will come back to you over the next few weeks. Above all, remember you can't always have things your own way. You have to give ground.

♒ Aquarius
Jan. 21 - Feb. 19
There is no need to apologize for things that are not your responsibility. Someone you live or work with will try to shift the blame for a failure of some kind on to you today but you must have none of it.

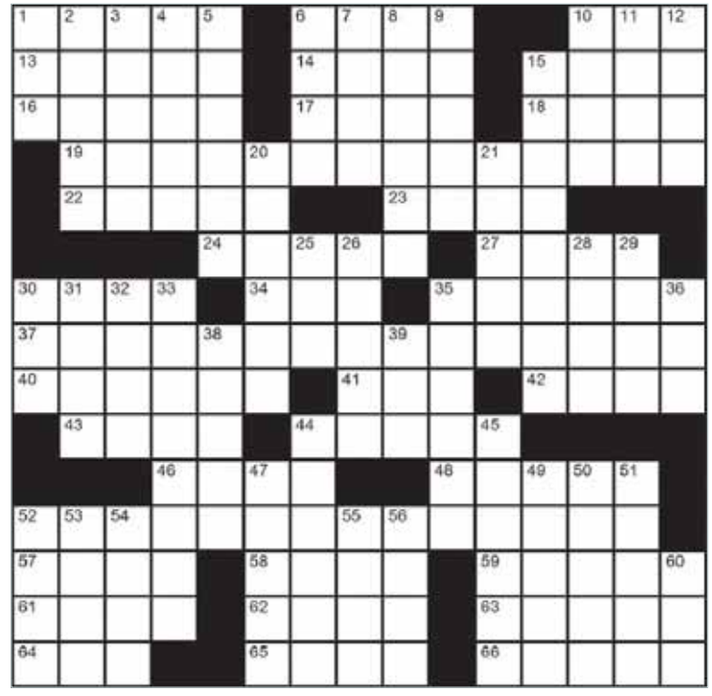
♓ Pisces
Feb. 20 - March 20
The worries of the past few weeks will begin to fade today and once the Sun moves into the most dynamic area of your chart tomorrow they should disappear altogether.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

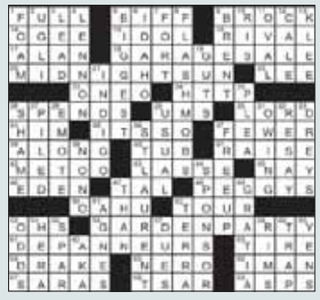
BY KELLY ANN BUCHANAN



Across
1. Group ruled by Odin
6. Labyrinth
10. Eye logo TV network
13. Apt
14. "Jeopardy!" host Mr. Trebek
15. Aching
16. Pub serving sizes
17. Type of tide
18. Applaud
19. Jumbo, the world famous __ __, died in 1885 when hit by a train in St. Thomas, Ontario. There is a life-size statue there in his honour.
22. Thoroughly search or examine
23. Assortment
24. Ancient land
27. Some soil
30. Q-Tip, for one
34. Shoe width size
35. Rotten
37. DND = Department of __ __
40. "Let's __ a day.": 2 wds.
41. Unit of weight
42. Film holder
43. Ottawa's Parliament __
44. Tie type
46. Genuine
48. Dock
52. It's the 'kind the drugstores sell' in Gordon Lightfoot's song: 2 wds.
57. Alanis Morissette's "__ _ Really Want"
58. Drifting
59. Become a green-to-yellow banana
61. Earring kind
62. Sketch, as in comedy
63. Like hosiery or mascara, maybe: 2 wds.
64. Clothe
65. Healthy
66. Zzzzz ...loudly!

Down
1. iPhone download
2. Actor Mr. Bana's
3. Kind of boom
4. Brief beginning
5. Save
6. Provides with staff
7. Sailor's sheltered side
8. Extremist
9. Officially kick out
10. Pop
11. Certain cereal
12. __-Iles, QC
15. Bluenose II, for one
20. "Hurry!" meaning
21. Rice dish
25. Thumbs-up vote
26. Pounds, as hail
28. Dermatologist patient's concern
29. House critters
30. Canadian engineering group, _ _ _-Lavalin
31. Cr-yying sound
32. Mythical Hun king
33. Northwest Coast artist, b.1920 - d.1998, whose work includes the Haida creation myth sculpture Raven and the First Men: 2 wds.
35. Fame
36. Benicio Toro link
38. Wayne Gretzky, once
39. Grumpy's co-worker
44. Yukon neighbour
45. "The Path of __ (Terms)" by Sarah McLachlan
47. Embarrass
49. Airplane: French
50. Artwork like the original, informally
51. Flower: French
52. Former
53. Choir voice
54. Promote
55. Put a 'roof' on a room
56. Pippa's royal sister
60. SSW's opposite direction

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2				6	3	9	
		7					4	6
				9		8		5
			7	1				9
	4						2	
8				2	9			
9		4		3				
7	5					6		
	3	2	8				1	

Yesterday's Sudoku

1	4	5	7	6	3	9	8	2
2	6	8	5	9	4	1	3	7
3	9	7	8	1	2	4	6	5
6	5	1	2	7	9	8	4	3
4	3	9	6	5	8	2	7	1
8	7	2	3	4	1	6	5	9
9	2	3	4	8	7	5	1	6
5	1	4	9	3	6	7	2	8
7	8	6	1	2	5	3	9	4

Today 23°/13° Variable
Friday 24°/15° Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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Meet Nathaly.

She's from Queens, New York and is currently studying Secondary Education. She loves all animals, but holds a special place for cats in her heart. She enjoys swimming, hot yoga and considers herself a true beach bum at heart. Her favorite American Apparel pieces are the Tri-Blend Crop Top, Lace Lingerie and our Men's Tanks because they're comfortable and look good too.

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